

Hit List

Hot news and special deals



Songs from Tibet

Tibetan singing bowls are known for their healing energy...

From cushion covers and bedspreads to carpets, Tangka paintings, Tibetan art, tribal sculptures, wooden furniture, prayer flags, chimes, and prayer wheels, **Sacred Citadel** offers a Tibetan treasure for every budget. But owner Dr Premendra Verma is particularly proud of his wide



selection of "singing bowls". The Tibetan Singing Bowl is one of the most powerful healing instruments of sound and vibration. Called a singing bowl or singing bell bowl – because of the sound that hovers in the air long after it has been played – each bowl is made of seven metals: gold, silver, nickel, copper, zinc, iron and antimony. But the combination of these metals is only known to the Tibetan masters. Many of the bowls at *Sacred Citadel* are up to 50 years old and were once used by Buddhist priests and monks in Tibet.

As each bowl is struck like a bell by a wooden dowl

or striker a predominant tone and a series of overtones can be heard. You can then hear a humming sound if you continuously run a wooden wand around the edge of the bowl – similar to running your finger around the edge of crystal glass. The resulting "singing" sound will continue to increase steadily in volume.

Commonly used in meditation, playing a singing bowl in a clockwise direction draws the tones into the body – balancing Chakras and the right and left hemispheres of the brain – thus restoring energy, while playing the bowl in a counter-clockwise direction draws out negativity. Singing bowls are said to restore blood pressure, correct asthma and emphysema and even rebuild adrenal function. They're known for their positive effect on hyperactive children and an ability to



stimulate the immune system.

Visit *Sacred Citadel* to find out more about singing bowls and discover the heritage of the Tibetan people. The only store in Malaysia selling Tibetan items with the blessing of His Holiness the Dalai Lama, *Sacred Citadel* works with settlements in Nepal, Bhutan and India to promote the work of Tibetan artisans beyond the confines of their own country. **44-A 1st Floor, Jalan Telawi 5, Bangsar Baru, KL. Tel: 03 2284 8412. Email: sacdel@streamyx.com.**



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